



**Hampshire
& Isle of Wight**
FIRE & RESCUE SERVICE

Information Compliance Team
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Sent by email to:

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Date: 14 February 2023

Our Reference: FOI 118 22-23

Enquiries to: Information Compliance Officer

Freedom of Information Act 2000

Dear [REDACTED]

We are writing in respect of your application for the release of information held by the Service, which we received on 18 January 2023. We can confirm that we have now completed our search for the information requested.

You asked:

Please can you provide me with the minimum fitness standard required on entry for acceptance onto a firefighter initial training course.

Our answer:

We can confirm we hold the information requested. We carry out two tests when training up-and-coming firefighters.

The first is the Chester Treadmill Walk Test which candidates must complete and pass. This is a 12-minute progressive treadmill walking test. The treadmill pace is set to 6.2 and the incline at 0% for 2 minutes. Every 2 minutes thereafter the gradient is increased by 3%. Successful completion of the test requires you to walk unaided for a total time of 12 minutes with an increasing incline to 15%.

The second test we conduct is the Equipment Carry (Functional Test). Here we get our trainees to:

- Run out the hose reel for 25 metres and then run back 25 metres

- Pick up and carry 2 x 70mm hose for 100 metres, do not run
- Hold one 70mm hose at shoulder height and walk 25 metres then place it down and run back 75 metres
- Pick up and carry the 100mm suction hose and basket for 100 metres
- Run 100 metres
- Pick up and carry the pump simulator (20kg Kettle Bell) for 100 metres

The total distance covered is 550 meters and to complete and pass this test you must walk over the line at each stage. The whole test must be completed in 5 minutes and 47 seconds.

You asked:

Please can you provide me with the minimum fitness standard required on completion of initial training prior to joining the watch.

Our answer:

We carry out a second Equipment Carry (Functional Test). For this the candidate must:

- Run out the hose reel for 50 meters and then run back 50 meters.
- Pick up and carry 2 x 70mm coiled hoses back and forth along the route, dropping 1 at 175m and the other at 200m (start).
- Pick up and run out 1st unsecured 70mm hose, and place it down.
- Pick up 2nd unsecured 70mm hose and run out
- Jog back 150m to the start
- Pick up and carry the 100mm suction hose and basket strainer 200m to start.
- Run 200m shuttle
- Pick up and carry LPP simulator (20kg Kettle bell) with a single arm, carry 200m

You must walk over the line at each stage and record the time achieved. To pass this, the whole test must be completed in 13 minutes.

You asked:

Please can you also provide the following information regarding the instances when the fitness test has not been met before a recruit starts on a watch.

The number of times that the required fitness standard has not been met to cover the period from 01/01/2019 until 31/12/2022 (roughly the period when the new fitness test was introduced).

In these instances were the firefighters allowed to start on their respective watches as part of the responding frontline crew?

In these instances what was the longest period of time that a firefighter took to pass the fitness test once on the watch?

In these instances were any of the firefighters ultimately unable to pass the fitness test and unable to continue with H&IWFRS?

In these instances were any fitness test alternatives offered to the recruit and if so what were they?

Our answer:

There have been no instances where the minimum fitness standard required on completion of initial training was not met during the period 01/01/2009 – 31/12/2022. As there are no instances, all firefighters completed their fitness tests prior to starting their watch.

Any future correspondence with Hampshire and Isle of Wight Fire and Rescue Service in relation to this matter should be sent to the Information Compliance Officer at the above address.

If for whatever reason you are unhappy with our response you may request an internal review by contacting DP@hantsfire.gov.uk or by writing to the Information Compliance Team at the above address.

Should you remain dissatisfied you can appeal against the internal review decision by contacting the Information Commissioner, Wycliffe House, Water Lane, Wilmslow SK9 5AF.

Yours sincerely

Information Compliance Officer
Information Compliance Team
Hampshire and Isle of Wight Fire and Rescue Service